

Figure 1. A schematic diagram illustrating the experimental design. The figure shows a sequence of events starting from a participant's arrival at the laboratory. The participant is first asked to complete a consent form and receive instructions. They are then randomly assigned to one of two groups: the control group or the intervention group. Both groups undergo a baseline assessment, which includes a physical examination, blood sampling, and a psychological assessment. The intervention group receives a 6-week intervention program, while the control group does not. After the intervention period, both groups undergo a follow-up assessment, which includes a physical examination, blood sampling, and a psychological assessment. The final outcome is the comparison of the two groups' results.

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